

Meeting Record

Community Summit to Explore Services and Support

For

Fall Prevention for Seniors in Napa Valley



*"Stop falls.
Stay independent."*

Napa Valley **SENIOR**
Falls Prevention Coalition

General Trends/Environmental Factors

- ❖ Greater need for resources to meet the needs of fast growing aging population
- ❖ Cultural diversity – The county's Latino population has grown significantly, need for cultural competency among service providers and dissemination of information and referral, increase ability to reach ethnic communities
- ❖ The baby boomers are getting older, will have fewer family members, adult children to care for them
- ❖ Focus on prevention as healthcare costs rise
- ❖ Increasing need for prevention services as population of older adults grows:
 - Home Modification Services
 - Exercise Options
- ❖ Falls are problem for many age groups: Need to raise awareness
 - Get the word out, make "Fall Risks" as common as "smoking risk" campaigns
- ❖ There is an increasing focus on health promotion that may cut across boundaries, e.g., nutrition and physical activity recommendations
- ❖ Intergenerational approaches to prevention and community involvement
 - Involve seniors and youth involved

Napa County Issues and Challenges

- ❖ More seniors are living in poverty (Increase in poverty – 62% increase since 1990 of older adults 60 years and over 100% of poverty)
- ❖ More seniors in our county are older
- ❖ There is a lack of awareness of what services are available
- ❖ Services are not linked or coordinated. Ideas:
 - A central point of contact for Information & Assistance/ Referral, need an expanded but coordinated system to meet the demand of growing population
 - Community involvement to help raise awareness.
 - A county-wide newsletter to help get the word out about resources and prevention tips.
- ❖ Transportation is a big challenge for seniors and providers; we need more "*door through door*" transportation options going, expanded services to take people where they need to go when they need to go. Example given: A new program to expand dental services revealed that they could serve more clients, but several seniors are expressed having difficulty accessing transportation to the clinic
- ❖ Older homes, smaller rooms, mobile homes creating problems
- ❖ Lack of Familial Support – Family Involvement
- ❖ Homes lack specialized ramps, handrails, etc.
- ❖ Need for more information about resources: There may be services available that we do not know about – no centralized lists. Are there:
 - Tools to raise awareness.
 - Lists of exercise classes, strength training classes, Tai Chi, and Yoga classes to hand out.
 - Available home modification services.
- ❖ There are not enough resources in Napa County to care for the clients in need of In-Home Supportive Services (IHSS), or people in need who "fall between the cracks, in the gap" – they don't meet criteria required to qualify for IHSS and do not have enough income

resources to pay for in-home care or home modification and other services necessary to keep people safe in their homes.

- ❖ Policies for new building standards that are elder friendly need to be developed
- ❖ Not enough in-home emergency response systems

Napa County's Strengths

- ❖ Collaborative Community
- ❖ Volunteer Center Senior Services – Information & Assistance – good system in place on which to build and expand upon to meet current and future demands
- ❖ Excellent Emergency Medical Care
- ❖ Good Emergency Response Systems
- ❖ Good Hospitals – good emergency care
- ❖ Meals on Wheels – good source to get information out to people
- ❖ Availability of Exercise classes
- ❖ There are some exercise classes in Napa, if people will avail themselves
- ❖ Classes: Senior Living
 - Senior Center
 - Community College & Adult School
- ❖ Supportive “Atmosphere” For Older Adults
- ❖ Natural Vitamin D
- ❖ Discounted Transportation Vouchers for seniors who ride the bus

FOCUS ON THE FUTURE: OUTCOMES

Seniors will be informed about fall risks and safety - Fall Prevention Community Awareness and Education

In 2010 – 90% of all people on the street will be able to identify three things they can do to avoid falls off the top of their head

- Educate the community at large
- Outreach and education & awareness – Public Service Announcements will be effective, Napa will have a dramatic public service awareness campaign
- Intergenerational Connectedness – all generations involved in fall prevention activities
- Educational training programs on cable TV reaching isolated individuals and those residing in rural areas
- Positive message you can be fall free → public campaigns
- Public awareness campaigns through local cable channel will be common,
- Develop fall prevention brochures that can be placed everywhere

Providers and Gatekeepers will have fall prevention training and education that will contribute to fall prevention and post fall intervention for seniors

- Educate entire community of service providers
- Senior serving workforce will be trained in fall prevention
- Educate Gatekeepers (train the postal workers, utility service workers, Meals on Wheels drivers, and others who go into the homes of seniors) to identify falls risk factors
- Educate caregivers to assess risk factors and prevent falls
- Engage proposed Napa Institute on Aging for centralized training programs
- Fall Prevention will be integrated into curriculums and local colleges such as Napa Valley College will have fall prevention training programs
- Mandated training programs will exist to help assess and prevent falls in the homes
- Gatekeeper and others will know where to report fall risks in the community

Seniors will have fall safe homes

- Universal design for all new homes
- Train the trainer – neighborhood leaders to do safety assessments
- Access to lifeline devices
- Housing (universal design) – the design of products and environments will be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design
- There will be homes on the “designer home circuit” that showcase universal designs and specialized designs
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Communities will be fall safe and accessible for older adults and people of all ages

- All sidewalks in good repair
- All ages – Community initiative

- Accessibility – to goods and services; having available means of transportation that are convenient and affordable
- Land Use considerations in fall prevention: Parks, trails, recreation areas, sidewalks are safe for all ages, walkable, and developed/maintained to encourage exercise and prevent falls
- Flexible Economical Transportation – more alternatives and options
- Light rail, monorail

Isolated and frail seniors will have access to fall prevention services

- Rural and medically-underserved areas will have access to services, including fall prevention programs & services
- Accessibility accommodations have been made to allow for individual mobility, regardless of functional impairments
- Take services to people
- Specialized Rural Transport programs
- Through the door transportation options

Seniors will have access to and use physical activity and balance programs appropriate to their capabilities that result in improved balance and mobility

- County-wide *Physical & Mental* Fitness Classes
- Every senior residence development has exercise classes
- Tai Chi Classes will be held in parks throughout Napa County
- Intergenerational walking groups & Neighborhood walk for health groups will be active in each neighborhood throughout the county
- Walkable communities where seniors live.
- Recreation areas will be senior friendly
- Take services to people – mobile services
- Improved walking trails

Public policies will support fall prevention and help reduce falls among seniors

- All City and County General Plans will integrate language requiring safe sidewalks and trails
- Universal design policies in homes, shopping centers, bus stops
- Involve Chamber of Commerce –
- Government agencies.- what is being done on a national level
- Land use planning and regulation policies will be evaluated and rewritten to remove obstacles to continued independence of older adults
- Communities will be evaluated on the ability to move about the community and maintain a home safely, have access to goods and services, report cards on “aging friendliness” – fall prevention, walkability, report card – how ready the community is for people to age in place – safe livable communities
- Assessment
- Automatic post fall assessment conducted, including home evaluation
- Incentives for landlords and builder to build homes/modify homes (universal disabilities)
- Affordable accessible housing – resources to implement Olmstead – keeping people out of facilities and in their own homes
- General Plan Elements related to fall prevention – safe communities

Institutional policies and healthcare practices will support fall prevention and reduce falls among seniors

- There will be standardized data systems, DX codes to fund treatment and home modification – new billing systems that will support preventive care
- Coordination among all healthcare systems – universal fall prevention policies and plan
- Need improved data gathering
- Coordinate between all the healthcare systems, a countywide fall prevention Task Force
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- Computerized assessment for fall risk with referral to services

The community will mobilize and advocate for policies, funding and services to prevent falls

- All ages will come together to create and maintain strong ties to directly impact and advocate for “aging friendly” policies, community planning and design decisions to address limitations and obstacles
- Advocacy groups will advocate for policies at the local, state and federal levels
- Advocacy with public and private sectors
- Engage youth and volunteer seniors
- Funding, reimbursement systems to provide treatment
- Senior advocates on City councils

A coordinated system of fall prevention and mitigation will provide a fall safety net for seniors

- County mandated and funded Fall Prevention Task Force
- Information about resources and referral sources will be centralized (single point of entry) and readily available to community at large and professionals
- Seamless Information & Referral System in place – Expand upon current system
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- Coordination through a centralized hub for reporting and resources e.g., hub that the mailman and other gatekeepers can report fall risks
- Educate Navigators (responsible for helping clients navigate a coordinated system of care)
- Universal/standardized Assessment tool for home safety (www.careinthehome.org) – reduce duplicative documentation
- Funded coordinator position to act on assessments – multi-factorial assessment and response
- Comprehensive resource and referral list
- Hospital, ER, EMS referrals when falls occur
- M.D. referrals to exercise classes, home modifications
- Call 9-1-1 & 2-1-1 – address pops up on a screen along with individual's health information and status
- Linkage of healthcare professionals and systems of referral

Vision Themes: Big Ideas

- ❖ Multidimensional Physical Activity and Balance Services: all ages
- ❖ I&A Linkages for seniors and providers

- ❖ Coordinated systems that begins with identification linking healthcare and community based services
- ❖ Public policy, Data and Advocacy
- ❖ Training and Education for Providers
- ❖ Community Awareness – Positive and Strong
- ❖ Safe homes and communities
- ❖ Access to services (transportation, mobile services, local services)
- ❖ Continuum of Care: assessment, referral, services, follow-up

Strategy Area	Actions
Public Education and Awareness	<ul style="list-style-type: none"> • PSAs - key messages repeated, human interest stories, clear and simple messages – positive tone • Develop work group to focus on developing positive, branded messages • Walkability Assessment • First Responders receive training on fall prevention; linked to system • Neighborhood watch groups could take on safety assessments <p>Resources: Service organization, media organizations, hospitals, senior groups</p>
Advocacy	<ul style="list-style-type: none"> • General Plan Committee; include fall prevention, senior-friendly issues • Strategically placed senior advocates on policy-making bodies to impact local environmental and policy issues • Walkable community plans • Develop business partnerships via chamber of commerce • Network • Mobilize seniors to gain funding from General fund; change policies and expand services <p>Resources: Senior groups, AARP, associations</p>
Multidimensional Physical activity and balance	<ul style="list-style-type: none"> • Intergenerational programs • Resources List of available classes • Fill gaps in types of programs • Create Senior Exercise Mentors • Have programs at all levels • Tai Chi in park • Awareness day in the parks all over County <p>Resources: Senior Centers, Parks and Rec, Wellness Centers, Hospitals, Churches</p>

Coordinated System of Care w/ Information and Assistance	<ul style="list-style-type: none"> • Create a hub for fall prevention referral from healthcare providers, hospitals discharge planners, Home services: Meals on Wheels, utilities, mail carriers, etc.; Home healthcare providers IHHS, case managers, churches, pastors and home visitors, EMS, Fire and other first responders, • All referrals linked through Fall Prevention Coordinator • I&A system at Senior Services handles information; calls through 211, etc. sends cases to coordinator • Healthcare providers • Develop list of services and expand as needed
Environmental Modification	<ul style="list-style-type: none"> • Mandated universal systems for home building – city planners should involve those who work with older adults – building codes • Sliding fees • Liability issues, homeowner ins policies, self insured • Access to lifeline devices • Automatic post fall assessments of homes • Train the Trainer: neighborhood leaders to do safety assessments • Fall Safe Home Tour – accessible home – invite builders - fundraiser • Walkability assessment: Hold all ages community event to assess community safety <p>Resources: Rebuilding together, builders, policymakers</p>

Fall Prevention Plan Launch and Awareness Event Ideas for Spring

- Walking School Bus promotion
- Children's Fall Prevention Coalition – Join forces for event
- Engage young people
- Think intergenerational about walkable communities
- Activities in the park, hundreds of people out at the park
- Farmers Market
- Nutrition program link
- Newsletter
- Motivation to get people out of their homes
- Feeling valued and useful – get people involved
- Resource List: Knowing what we already have

Next Steps

1. Strategic Plan
2. Expand Coalition
3. Develop Task Groups
4. Hold Community Awareness Event
5. Seek funding for strategies